



Website: www.draudreyt.com | @draudreyt (Twitter/IG)

MOTIVATION

Why do so few people succeed?

- Many don't believe they can so they stick to what they know (which is counter productive as, when you think about it, it means there's more competition in the middle!) – and with more competition – self fulfilling prophesy!
- Others don't like to fail so they don't try – or they waste time they could spend practicing simply comparing themselves with others.
- Some just don't have a clear vision of success and so efforts can be misplaced.

Our motivation often rests on 3 things:

- If we have a preference for doing something
- The ease at which think we can do something
- The knowledge that it will bring results.

Quick tips to burst those motivational myths:

1. "I've tried everything" **This week - Look somewhere new for inspiration!**
2. "I don't need it" **Try this for procrastination – rather than write down all the “worst things that could happen” if you tried and failed; reframe it and instead write down all the worst things that could happen if you DON'T TRY**
3. "It HAS to work!" Simply: There are no guarantees – BUT if you know what results you are looking for and set a reasonable time frame to see them; at the end of the time frame change tack. **Set a SMART goal – be specific with what you want, Make sure you can Measure it, Ensure it's actually achievable, and realistic and set a time frame**

Motivation can be divided into 4 types:

EXTRINSIC – External drive eg money

INTRINSIC – Personal desire

INTROJECTED – Avoidance of guilt

IDENTIFIED – *Needs* to be done sometime

But as with all broad psychological concepts, this is pretty meaningless except to pass an exam on motivation.

Instead find out what is meaningful – and therefore most motivating to you.





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My motivational profile:

Write down what I identify as:

PAIN

GAIN

Unlock your Personal Power grid (Sharon Lawton www.natural-flair.com)





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Notes

